



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



12-WEEK INTERMEDIATE 5K TRAINING PLAN

This 12-week intermediate 5K training plan is designed for someone with some running experience looking to improve their performance. If you're using this plan, you should begin your training on February 10.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 February 10-16	3 mi Run	Rest	3 mi Run	Rest	3 mi Run	Rest	3 miles Run
2 February 17-23	3 mi Run	Rest	3.5 mi Run	Rest	3.5 mi Run	Rest	4 miles Run
3 Feb 24 - Mar 2	3 mi Run	Rest	4 mi Run	Rest	4 mi Run	Rest	5 miles Run
4 Mar 3-9	3 mi Run	Rest	4.5 mi Run	Rest	2.5 mi Run	Rest	3 miles Run



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Mar 10-16	4 mi Run	Rest	5 mi Run	Rest	4 mi Run	Rest	5 miles Run
6 Mar 17-23	4 mi Run	Rest	5.5 mi Run	Rest	4 mi Run	Rest	6 miles Run
7 Mar 24 - Mar 30	4 mi Run	Rest	6 mi Run	Rest	4 mi Run	Rest	7 miles Run
8 Mar 31-Apr 6	4 mi Run	Rest	6 mi Run	Rest	3.5 mi Run	Rest	7 miles Run
9 Apr 7-13	4 mi Run	Rest	5 mi Run	Rest	3.5 mi Run	Rest	6 miles Run
10 Apr 14-20	4 mi Run	Rest	4 mi Run	Rest	3 mi Run	Rest	6 miles Run

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Week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

11

Apr 21-27

4 mi

Run

Rest

4 mi

Run

Rest

3 mi

Run

Rest

3 miles

Run

12

Apr 28 - May 3

Rest

3 mi

Run

Rest

2 mi

Run

Rest



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GARMIN®

Long Run: Focused on building endurance to prepare for the goal race distance. These runs are critical for increasing stamina and developing the ability to sustain effort over long distances.

Rest Day: Dedicated to recovery from active training days. Rest days may include optional cross-training activities, such as strength training, cycling, swimming, or yoga, performed a few times a week to support overall fitness and injury prevention.

Easy Run: Performed at a comfortable pace, allowing you to maintain a conversation with a training partner. Most of your weekly mileage should fall within this category to promote consistent, sustainable progress.

Speed Day: Best suited for Wednesdays, these runs offer an opportunity to include faster running, such as tempo, steady-state, or intervals, based on your preference and goals. They are optional and can be tailored to your needs.